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Oil there for the taking

The collective judgment of Congress is nothing you can count on.

I don't know what would have happened to our nation's economy without oil from the North Slope of Alaska.

Oil from Prudhoe Bay and other fields on the North Slope today supply 25 percent of all domestic production.

North Slope oil has provided our nation with more than \$30 billion in favorable, positive trade balance impact and has added tens of billions of dollars to our federal Treasury.

Americans will never know what astronomical prices we might now be paying for oil had it not been for North Slope production.

Yet, lest we forget, Congress almost did not allow this bonanza. The vote to build an Alaska pipeline was a 49-49 tie in the U.S. Senate. It was Vice President Spiro Agnew who cast the tie-breaking vote.

Now, that North Slope oil play is playing out.

Paul Harvey News

By Paul Harvey
C.A. Times Syndicate

Production presently is 2.1 million barrels a day — within 13 years it will be down to 600,000 barrels a day.

Not to worry! By that time — by the year 2001 — we can explore and develop the Arctic National Wildlife Refuge (ANWR) Coastal Plain. And six years of exhaustive study by the Department of Interior indicate the Coastal Plain has the potential oil reserves of two Prudhoe Bays!

Except that Congress is resisting allowing that development. Some of the same environmental groups which mounted a national misinformation campaign against North Slope development are now pressuring Congress to reject development of the ANWR.

The Coastal Plain which contains the essential oil reserves is only 8 percent of the ANWR. Even if Congress approves oil and gas leasing in the Coastal Plain, 92 percent of the wildlife refuge would remain closed to development.

Why the urgency to explore and expand our oil reserves? Right now the United States is importing 6 million barrels of oil each day, roughly 37 percent of our nation's total supply.

Within 10 years this will increase to 50 percent of our nation's needs. Some experts predict imports of up to 75 percent in the year 2000.

Congress must weigh Alaska's preservation of a fraction of its wilderness against the trade imbalance resulting from our nation having to import expensive foreign oil — and the desperation of our situation should that supply ever be cut off.

Major changes on major issues of today, I said. Phooey, they said.

Feminists are pretty touchy these days. They don't enjoy the good press they got in the 1960s and 1970s. When they get publicity at all, it's usually a story about how their movement is floundering. Today, ERA stands only for carping and whining.

No wonder they're touchy. The 1980s' attitude is working against them. Men who were considered sensitive, a decade or so back, now are called wimps. Macho is in; Me First is

Fewer feminists might attract more geeks

I'd like to take up today's space to thank all my friends from the feminist community who were thoughtful enough to respond to a recent column.

Their replies certainly were food for thought, even down to the salutations.

"Dear creep" or "You pencil-necked geek" seemed to summarize the spirit of most of them.

They were responding to a column making fun of their manifesto (er, womanifesto), Ms. magazine, which recently announced it was changing the period behind its name to a diamond, and increasing the width of its pages from 9 inches to 9½ inches.

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Martin on the Metro

By Pat Martin

So-called "sensitive men" always were a minority, anyway. Where feminists have lost ground, to paraphrase Richard Nixon, is in the great silent majority — men who didn't march for the cause, but who basically were sympathetic to the feminist cause because it was a human cause.

Most humans, male and female, believe that people should be able to work at the job site without harassment. Most believe that equal pay should be given for equal work. Divorce and credit laws should be written without regard to gender.

But the average male today, who probably is sympathetic to such issues, is tired of being blamed for 2,000 years of tyranny. It's not his fault.

He's tired of being corrected in mid-sentence when he says

"chairman" instead of "chair-persons."

He's tired of not being able to sing a church hymn (Or should that be a church *her*?) without being reminded of the language minefield — "Whatever you do to the least of my people, that you do unto me."

He's tired of being done unto himself. He wants the screamers, to shut up, already.

The turning point for me came one day when, in the midst of a group of women, the discussion turned to whether men could be feminists.

If you define the term in relation to true issues such as equal pay for equal work, I said, count me in as having feminist leanings.

A very unkind person got about an inch away from my nose.

"Prove it," she snarled. Now there was a person who knew how to drum up support.

Maybe every movement needs screamers to make it better down the road for the moderates. But if you ask the Average Joe today what turns him off to feminists, he'll say it's their attitude that inequality is HIS fault, and that's he's a guilty chauvinist until he proves otherwise.

APA to raise funds for animals

To the editor:

The Association for the Protection of Animals is appreciative of everyone who has helped us in the past. It is heartwarming to know that there are so many animal lovers in the area.

We have helped many animals and, with the continued support of all the people, we will be able to remain open.

We are trying very hard to stay open so we may continue to provide our services to the community.

We are about to start our annual project to raise funds.

The shelter right now has 10 dogs and 25 cats that are in need of good homes.

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Quad City

Looking before leap year

By Peg Dillard
Correspondent

If your birthday was on Tuesday last year, it should be on Wednesday this year, except if it is a leap year. Then the rule changes and the year is 32 weeks plus two days instead of one day.

So, for leap year people, if your birthday fell on Tuesday last year it will fall on Thursday this year. It's leaped over a day of the week. Thus, we have an explanation for the name "leap year." The "leap" occurs from March 1 after leap year's Feb. 29, through the following Feb. 28.

Another explanation for the name "leap year" is the extra day every four years and the day preceding it were once regarded as one in the eyes of the law.

The regular day was considered the "legal" day and the additional day was judged not to be legally a day and lacked status in the English courts. Feb. 29 was "leaped over" in the record, since whatever happened on Feb. 29 was dated Feb. 28.

The leap day is added to the calendar every four years, always falling on Feb. 29, and in the century years divisible by 400. This brings the calendar year in line with the solar year that lasts 365 days plus six hours.

With the leap day added every four years and on century years divisible by 400, the "leap" year matches the calendar year except for a gain of 26 seconds + which will take 3,232 years to gain a day.

Leap year has also been traditionally the year single women propose to unmarried men on Feb. 29 and throughout leap year. Long-prevailing tradition had given the right to propose to men only.

One explanation for the custom of women proposing during leap year is traced to an ancient Irish legend about St. Patrick and St. Bridget. The legend says Bridget complained to Patrick that her charges in the nunnery were unhappy because they could not propose marriage. (Celibacy in religious order was then based on private vows, not church requirements.)

Patrick finally agreed to a right of proposal by women being allowed every four years on leap year, the longest year. It is also said Bridget then promptly proposed to Patrick, who declined, promising instead a kiss and a silk gown.

Similar laws that allowed women to propose during leap year spread to France and Italy and eventually the United States.

Custom required that any man who declined a woman's proposal during leap year give the woman a kiss and either a silk dress or a pair of gloves. This tradition is no longer taken seriously, but the unmarried man who likes to be prepared might consider stocking up on silk dresses and/or gloves, and lip ointment.

Among the happiest people during leap year are those who can really celebrate their birthdays. Most of the "leap years" consider Feb. 28 their birthday on non-leap years. But in leap year, everyone has a birthday.

All the rest of the people, born on regular days, probably never consider not having a birthday every year.

But this year, a leap year, everyone has a birthday, so be ready on Feb. 29 to join the "leap-yearers" as they celebrate with songs and cakes and fun enough to last four years.

Home and Garden Show to offer 1,000 exhibits

By Lorraine Forsythe
Staff affiliate

Senior citizens who remember when admission to a special event was a tiny fraction of what it is today are in for a real treat during a portion of the five-day Home and Garden Show at Cervantes Convention Center.

From noon to 5 p.m. March 3 and 4, people 63 years and older will find that the good old days have nothing on this annual spring spectacular sponsored by the Home Builders Association of Greater St. Louis. At these times only, seniors who present proof of age at the box office can attend the show for free.

"We feel older adults will find this special offer to be a valuable service," said Nancy McKee, the association's staff vice president for public affairs.

"Without spending a dime, they can take advantage of this unique opportunity to see all the home-related products and services under one roof."

"We chose the times we did because we felt they would be convenient for senior citizens. Also, the show is not as crowded on weekday afternoons so visitors can take a more leisurely approach to viewing the exhibits and can see more of them."

The show, scheduled March 2 through 6, will turn the seasonal clock ahead a few weeks to present a vast panorama of home- and garden-related exhibits in a bright, colorful springtime setting.

More than 1,000 booths showcasing countless products and services will blanket the convention center. Complementing them will be seminars and cooking demonstrations, lush landscapes, thousands of flowers and dramatic special attractions, including the revolutionary "Smart House." Presented in cutaway form and on display for the first time in the St. Louis area, this amazing home of the future adapts the indoor environment to the needs of the moment through its state-of-the-art single cable wiring system.

Show hours are as follows: March 2, 5 to 10 p.m.; March 3 through 5, noon to 10 p.m.; and March 6, noon to 6 p.m.

Regular admission is \$4 for adults, \$2 for children 11 years and younger.

Several half-price discounts are available at specified times with coupons. These include an Early Bird Special sponsored by the Suburban Journals from noon to 5 p.m. March 4. The "Early Bird" coupon appears in today's Journal and will be published again in the March 2 issue in a special Home and Garden Show section. Additional details and a sampling of the attractions will be presented in this special show preview.

Coupons offering half-price admission March 2 are available at Central Hardware stores. Half-price coupons for March 3 can be found at area National Supermarket locations.

Pancake, sausage brunch in Madison

The Madison V.F.W. Post 7451 will sponsor a Sausage and Pancake Brunch today (Sunday) from 7 a.m. to 1 p.m. at the Madison Recreation Center, Seventh and Lee streets.

The cost will be \$4 for an adult's ticket and \$2 for a child's ticket, which may be purchased at the door.

Carryouts will be offered. The public is invited.

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Lovejoy professor makes Who's Who

Charlotte Johnson, assistant professor at Southern Illinois University at Edwardsville and head of User Services at SIUE's Lovejoy Library, has been included in the 21st edition of Who's Who in the Midwest.

Johnson also has been selected for inclusion in the Directory of Librarians and Information Professionals.

Johnson came to SIUE as Lovejoy's science librarian in July 1983. She was promoted to her present post in February 1984. Last year she was president of the Southern Illinois Network of Women and now serves as treasurer of both the SIUE chapter and state conference of the American Association of University Professors.

Before coming to SIUE, Johnson was assistant physical sciences librarian at Oklahoma State University. She also has taught in Australia.

Who's Who in the Midwest, first published in 1949, has been a biographical guide to men and women who, through their industry, dedication and ability, have become leaders in their professions. Biographies of 21,000 appear in the newest edition, a distinction limited to only four persons in 10,000 in a region's population.

The Directory of Librarians and Information Professionals is a comprehensive compilation of 90,000 librarians and a wide listing of other information professionals throughout North America.

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Obituaries

Brown

Clarence William Brown, 80, Murphysboro, formerly of Venice, died at 9 p.m. Friday, Feb. 19, 1988, at St. Joseph Hospital, Murphysboro.

Born Feb. 4, 1908, in North Venice, Mr. Brown resided in Venice for many years before moving to Murphysboro.

He was a longtime employee of the former Union Star and Refining Co., Granite City, where he worked as a welder prior to retiring.

Survivors include his wife, Mrs. Ruth (Cochran) Brown; one son, Gerald Brown, Granite City; two daughters, Mrs. Wanda Anderson and Mrs. Joyce Jackson, both of Dallas; a sister, Mrs. Elsie Banfill, Waverly, Ohio; nine grandchildren and seven great-grandchildren.

Services were conducted by the Rev. Ray Faulkner at 3 p.m. Monday at Pettit Funeral Home, Murphysboro. Burial was at Pleasant Grove Memorial Cemetery, Murphysboro.

Casey

Meghan Anne Casey, 4 1/2 days old, St. Louis County, died at noon Sunday, Feb. 21, 1988, at St. Louis Children's Hospital. She had been born prematurely Feb. 16 in St. Louis.

Survivors include her parents, Peter D. and Marian K. (Sullivan) Casey, the latter formerly of Granite City; a twin sister, Alanna Marie Casey; and her grandmother, Mrs. Sarah Casey, St. Louis.

Private funeral services will be held at Kriegshauser West Mortuary, 9450 Olive Street Road, St. Louis. Burial will be private at St. Peter and Paul Cemetery, St. Louis. Memorial donations may be sent to Mensa Educational and Research Foundation, 2626 East 14th St., Brooklyn, N.Y. 11235.

DeShasler

Harold C. DeShasler, 80, Granite City, died at 11:20 a.m. Monday, Feb. 22, 1988, at St. Elizabeth Medical Center. He was hospitalized for three days.

Mr. DeShasler was born Dec. 2, 1907, in White Hall, Ill., and resided in Granite City for 45 years.

He was employed as a railroad switchman for 30 years and retired in 1973. He was a member of Calvary Baptist Church.

Survivors include his wife, Mabel (Thaxton) DeShasler; three daughters, Mrs. Robert (Dorothy) Daugherty, Granite City; Donna Schuck, Pontoon Beach; and Mrs. Joe (Judy) Mayes, Paducah, Ky.; one son, Gale DeShasler, Maryville; one brother, Harry DeShasler, Kane, Ill.; two sisters, Mrs. Beverly (Louise) Shaw, White Hall, and Evelyn Lakin, Berdan, Ill.; eight grandchildren; and five great-grandchildren.

Arrangements were pending at Mercer Mortuary, 1416 Niedringhaus Ave., where a service may be called for further information.

Maulding

Struck by an auto, Scott Allen Maulding, 18, 1931 Grand Ave., was pronounced dead at 12:40 p.m. Monday, Feb. 22, 1988, by Deputy Coroner Ed Morton.

Mr. Maulding was riding in the open bed of a southbound pickup truck when he was struck by a car which caused him to fall onto the northbound lane of Sand Prairie Lane near Illinois 111. He was immediately hit by the northbound car of Mark LaPlantz, 30, Belleville, who was unable to stop in time, Illinois State Police said.

The victim was in the process of moving to the State Park Place residential area when the accident occurred. Assisting him in the move was the driver of the truck, John R. Stapleton, 19, 2239 Black Lane.

Mr. Maulding was born in Staunton, Ill., and had lived in Granite City for six years.

Survivors include his wife, Serina; one daughter, Kimberly Elizabeth Maulding; his parents, Jerry Maulding, Divian, La., and Peggy Maulding, Granite City; three brothers, Douglas, Bradley and Todd Maulding, all of Granite City; and his grandparents, Mr. and Mrs. Lester (Norma) Cummings, Granite City.

Private funeral services were planned, with burial at Valley View Cemetery, Edwardsville. Davis Funeral Home, 21st Street and Cleveland Blvd., was in charge of arrangements.

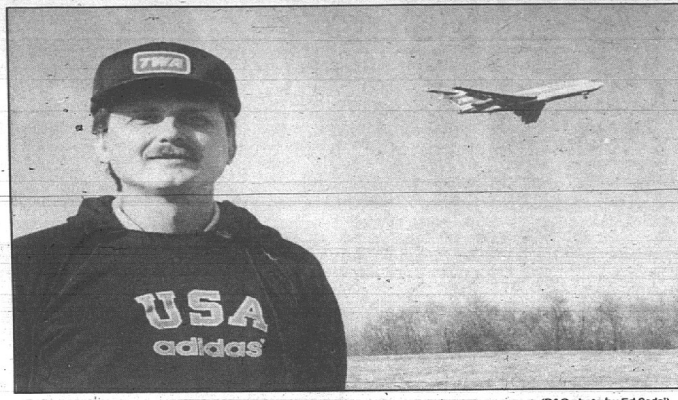
Births

Births recorded at St. Elizabeth Medical Center include:

BOY
Mr. and Mrs. Xe Pham, 1320 Oriole St., Venice, Feb. 12, Jonathan Ross, 7 pounds, 2 ounces.

GIRLS
Mr. and Mrs. David Newton, 2220 Warren Ave., Feb. 10, Jessica Ardorine, 6 pounds, 6 ounces.

Mr. and Mrs. John Bell, 2513 Jerden Ave., Feb. 12, Crystal Lynn, 8 pounds, 11 ounces.



(BAC photo by Ed Sede)
SAFETY IN THE SKIES Bob Beckett of Belleville makes sure TWA flights out of Lambert St. Louis International Airport are air-worthy. He received an FAA certificate at Belleville Area College.

Without his signature those jets won't fly

Safety in the skies is more than a slogan for Belleville Area College graduate Bob Beckett; it's his job.

Beckett, 37, Belleville, certifies the air-worthiness of airplanes flying out of Lambert St. Louis International Airport. He is a federally licensed airframe and powerplant mechanic for TWA and has maintained air-planes for 14 years.

"Jobs are there, good-paying jobs," he can earn \$16 to \$20 an hour with five years experience," Beckett said. "The benefits are good, hotel rooms are 50 percent of the cost and you travel to anywhere the carrier flies for about \$20 one-way."

Beckett has the responsibility for flights on his shift. Every TWA aircraft that leaves the airport must be visually inspected and the crew's log book problems must be checked and signed off.

Beckett attended BAC's aviation maintenance technology program and received an FAA airframe and powerplant certificate in 1973.

"I put myself through," Beckett said. "It was the timetable at BAC that was important to me. It was one year at BAC versus 18 months for the same program elsewhere. It was almost half the cost and half the time. It's a big thing when you live out of your own pocket."

His first job was with Zantop International Airline in Michigan. "You need experience," Beckett said. "That experience from my first job helped me get the job with TWA."

He recently returned to BAC for additional course work and received an associate of applied science degree. He has also taken additional training provided by TWA to work with the new technology in airplanes.

Airplanes are at for Beckett.

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ment program is being sponsored by the Suburban Journals and KMOX Radio. For the next several days, nominations for the 10 women who will join their ranks representing the year 1987 will be accepted. Nominations will close Feb. 29, 1988.

The names of the 10 women, who will be selected on the basis of their dedication and service to the community, will be announced on April 13. They will be honored at a luncheon at the Adam's Mark Hotel on May 9.

Information on prospective Women of Achievement should be typed or neatly hand-written and include as much information as possible about the nominee, her address and phone number and the name and phone number of the person writing the letter.

Letters should be mailed to Mary Jo Hebert, Women of Achievement Committee, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

on a motion by the state's attorney in June 1985.

In July 1983, Martin was sentenced to two years of probation and ordered to pay \$500 for criminal damage to property in Pontoon Beach.

He knew how much the charm must mean to its owner, he said while asking for the Journals' help in obtaining a list of names and addresses of the women honored eight years ago. He planned to contact them to see which one of the 10 might be missing the momento.

Throughout the bi-state St. Louis area, what it means to be a Woman of Achievement is well known. Since 1955, 321 extraordinary women — who have excelled in their efforts to aid community organizations, charitable causes and area businesses — have been honored with that title.

The 1988 Women of Achievement

• **Race**
Haine versus Allen
over campaign
(Continued from Page 1)

"I know who Ronnie Martin is," Allen said Tuesday. "I prefer that he not (give support), but what can I do?"

Allen said there are many people supporting candidates for office and the background of each supporter may not be known. Allen said that in 1984 a convicted felon, without consent of former State's Attorney Don Weber, supported Weber.

Haine said Monday his campaign was offered \$200 in cash by Martin but it was refused because it represented a potential conflict of interest. Haine said Allen should also refuse Martin's help because Allen's office is supposed to oppose defendants like Martin.

"What does he (Martin) expect to get in return from Dick?" Haine asked.

"Nothing. He has nothing before me," Allen said. "My recollection is that it was an open plea, meaning he 'pled' to what he was charged with, which was solicitation to commit a crime. I can do nothing for him."

Martin could not be reached for comment Tuesday. Authorities said Martin faces sentencing in connection with damage done to the Huck's Convenience Store at Lake Drive and Pontoon Road in Pontoon Beach on April 23, 1985.

A fraud charge filed against Martin in 1985 by the Illinois Secretary of State was dismissed

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Bridge repairs may prompt van pooling

By Ed Gurney
Staff affiliate

When the Madison County Transit District began its van pooling program in 1982, it was predicted that 100 vans would be operating within two years.

Six years later, the program, now also offered to residents of St. Clair and other nearby counties, has a total of 21 vans.

"It just demonstrates the choice of the people," said Jerry Kane, transit managing director. "Until fuel prices go up dramatically or you see conditions like the repair of the Martin Luther King Bridge, people will tend to choose to drive their own car."

The King Bridge repairs (scheduled to begin April 15, when the structure will be closed to traffic) and subsequent Poplar Street Bridge improvements could change driving habits.

Without special steps being taken, the bridge work will virtually double traffic backups to an hour westbound in the morning and 45 minutes eastbound in the afternoon, according to the Illinois Department of Transportation.

"We hope this helps the program," Kane said. "If it doesn't, nothing else will, short of a fuel crisis."

Motorists normally choose to drive their own auto unless they are forced to switch, he said. "I think you will see a dramatic increase in all forms of mass transit during the (bridge) projects," Kane said. "If people are happy with the services, they will continue after the projects are completed."

IDOT is providing funds to help subsidize "empty seat" promotional costs. That is, it will pay part of the expense for vans put into service with less than the full 15-person load.

IDOT will also pay the cost of an additional employee to help market the van pool program, Kane said.

Information about van pooling is available by calling the toll-free telephone number, 1-800-VIP-RIDE.

The van pool program is currently sponsored by the Madison County Transit District. The dis-

trict contracts with Van Pool Services Inc., a subsidiary of Chrysler Corp.

The district pays the salary of project manager Jane Harrison, a monthly administration fee and other costs. The district also pays for in-kind services for the program at its headquarters in the transit district center near Interstate 270 in Pontoon Beach.

The annual cost of the program to the district is between \$55,000 and \$60,000, Kane said. The St. Clair County Transit District once helped pay the costs directly. Now, St. Clair County receives the service in a trade-off.

"I think you will see a dramatic increase in all forms of mass transit during the projects," Kane said.

St. Clair pays for some services that benefit Madison County, such as bus routes serving both counties, Kane said.

Harrison said most of the vans currently operating take riders from St. Clair and Madison counties into the city of St. Louis. Many go downtown, but five go to the federal center on Goodfellow Boulevard, Harrison said.

Under the rules of the program, the driver rides for free and is allowed personal use of the van after work, 150 miles of personal use are free and, after that, a small mileage fee is charged.

The driver's insurance is paid. The driver is responsible for arranging minor maintenance. More extensive maintenance is handled at the transit center in Pontoon Beach.

The 15 passengers pay a monthly cost for leasing and operating the van. The average cost per person is \$45 to \$55 a month, Kane said.

Harrison wants for drivers who are reliable and punctual with clean driving records. Most of the drivers are between 25 and 45 years old, she said.

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Possible rail extensions have been reduced to 4

By Buck Collier
Staff affiliate

The number of routes currently under consideration as possible extensions of a proposed light rail system for the St. Louis area has been narrowed to four, including one that would serve Belleville.

The East-West Gateway Coordinating Council's chief planner, T. Joseph Marking, outlined the corridors now subject to further study at a meeting last week of the council's executive advisory committee. He said it could be as many as 20 years before the new corridors are operational.

The four tentative corridors—through south St. Louis County to Arnold, to Chesterfield, to St. Peter's in St. Charles County and into the Belleville area—resulted from an initial study of eight possible corridors, Marking said.

The four that were dropped in the first round of analysis were a route to Alton; another through Collinsville and Edwardsville; a north-south route through the center of St. Louis County; and a fourth route to Valley Park.

Marking noted, however, that all of the routes have been subject to only preliminary studies and none of the routes are certain.

"It's not cast in concrete," Marking said, adding that additional corridors might be served by something other than the light rail, possibly even expanded bus service.

Marking said federal guidelines require a ridership of at least 15,000 people within a corridor before planners can consider a route. Three of the four

routes dropped in the first round of study were dropped because of the ridership factor; the Valley Park route was dropped because there appears to be no feasible way to get a rail line to that area, Marking said.

There are two railroad lines to Valley Park but both are heavily used, he said. And Interstate 44 right-of-way has little room available to accommodate a light-rail line, he said.

The four remaining corridors would run along:

• I-64 (Hwy. 40) to Chesterfield.

• I-55 through south St. Louis County to Arnold.

• A route north of Lambert-St. Louis International Airport and along I-70 into St. Charles County.

The route through East St. Louis to Belleville with possible branches serving O'Fallon and Fairview Heights.

The light-rail system, called Metro Link, would run from East St. Louis through downtown to the airport. The Bi-State Development Agency, which operates the region's bus system, is expected to operate Metro Link. Bi-State officials hope to have the primary Metro Link route operating by 1992.

Marking said the second round of analysis might result in even fewer corridors being considered. "We don't know if all four of these will come out as being doable," Marking said. "We can't say there is going to be a light-rail extension. We don't know if the ridership warrants the cost of light rail."

Countywide hotel tax to be proposed

A consensus of the Madison County Board legislative committee favors a 2 percent countywide hotel tax on a two- or three-year trial basis, according to committee chairman Alan Dunstan, D-Troy.

The committee is expected to have a recommendation for the board at its meeting on Wednesday, March 16, Dunstan said.

Committee members met with tourism bureau representatives from Collinsville and Alton on Feb. 11.

If approved, the hotel tax would be split between the Collinsville-based Southwestern Illinois Tourism and Convention Bureau and the greater Alton-Twin Rivers Convention and Tourism Bureau in Alton.

Only Collinsville and Alton, which already impose a motel tax, would be exempt from the countywide tax.

Most committee members favored implementing the tax on a trial basis so other communities in Madison County would be able to determine if it benefits

them, Dunstan said.

Dunstan said committee members also want to know if the two tourism bureaus would approach the other counties they represent about requesting hotel taxes there.

When asked if the Collinsville-based bureau has discussed that possibility with St. Clair County and the other three counties in its region, bureau director Ron Presson would not comment.

Dan Maher, St. Clair County's director of administration, said he was not aware of any proposal for a hotel tax there. In January, the Madison County Board tabled a proposal by Fred Dalton, D-Collinsville, calling for a 3 percent tax on room rentals for all hotels and motels in the county.

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Men turning 26 in 1988 reach federal milestone

The Selective Service System has announced that men who will reach their 26th birthday in 1988 and who have not registered with Selective Service may forfeit their eligibility for some federal programs.

Men who were required to register with Selective Service in 1981 will be turning 26 this year. The law requires that young men register with Selective Service within 30 days of the day they turn 18.

Although tardy registrations are usually accepted, Selective Service does not have the authority to accept registrations after a man reaches age 26. By failing to register before turning 26, a young man may permanently forfeit his eligibility for federal student aid, job training and most federal employment.

Likewise, some states require registration for state student aid, entrance to a state-supported college or university, state employment and permission to practice law.

A spokesman said many of the men who have still not registered may be unaware of the

requirement or do not understand the importance of the obligation to register. Some may even have served in the military but failed to register either before entering the armed forces or after leaving active duty.

Others may have been institutionalized or incarcerated at the time of their 18th birthday and not realized they were required to register within 30 days if released prior to age 26.

For those men born in 1962 who have registered, 1988 also marks the year that ends their eligibility for selection for induction under present law should there be a return to the draft.

Nearly 30 million men, while age 18 through 25, have registered with Selective Service since registration was reintroduced in 1980. These men comprise over 98 percent of those required to register.

Men who have not yet registered may do so at any post office. Failure to register is a felony punishable by a fine of up to \$50,000 up to five years in jail, or both.



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St. Thomas, Virgin Islands highlight Sovereign route

By Deborah Reinhardt
Staff affiliate

Sovereign of the Seas calls at two of the most popular Caribbean ports, St. Thomas, U.S. Virgin Islands, and San Juan, Puerto Rico. It is an itinerary first-time cruisers should not miss.

The Sovereign sails Saturday from Miami. Its first port of call (Monday) is Labadee, Haiti.

Labadee is Royal Caribbean Cruise Line's private 200-acre resort on the north coast of Haiti, isolated from the political hot spots of the island nation. The line introduced Labadee last year on Song of America's eastern Caribbean itinerary. Since that time, RCCL has made \$2 million in improvements to Labadee, which now accommodates between 2,500 and 3,000 people. Passengers will take a tender to Labadee's shores.

There are five beaches, tranquil waters for swimming and snorkeling lessons. However, anyone who has snorkeled before visiting Labadee should save their \$10 and wait for St. Thomas.

The ship's social staff goes ashore and there are organized games. The chef and his staff prepare a buffet lunch. Haitians sell crafts in an open market.

Landscaping has made Labadee an attractive place. It is a controlled environment that should make first-timers feel comfortable.

On Tuesday, the Sovereign docks at San Juan. The ship stays in port until 2 a.m. the next morning, which allows passengers to sample some of San Juan's exciting night clubs and casinos. During the day, passengers can go on a shore excursion or explore the city on their own.

New visitors should start their day at the city's restored colonial section, Old San Juan. This area has beautiful examples of Spanish architecture. About 300 buildings have been refurbished and now are art galleries, shops and restaurants. Walking tours of Old San Juan are available, most beginning at Plaza de Colon (Columbus Square).

Another popular stop is El Morro, the largest and most famous fortress in San Juan.

Tours are run by the National Park Service, but you can explore El Morro at your leisure as well.

Beautiful Dominican Convent once gave refuge to women and children when the cannibalistic Carib Indians were in the area. Today the restored building houses the Institute of Puerto Rican Culture. Puerto Rican arts and crafts are on exhibit and for sale at the institute.

Tours of the island also are available. Visitors also can rent a car and venture out on their own, although mountain roads are nothing to scoff at. It might be wise for first-time visitors to book a tour from the ship's excursion desk.

St. Thomas is the final port. The Sovereign docks at Charlotte Amalie on Wednesday. This port probably is the most popular in the Caribbean. If you look around, you will probably see up to 10 cruise ships in the area. Sometimes, as many as 3,000 passengers disembark, so be prepared for crowded shops and streets.

Most people associate St. Thomas with shopping. The truth is there are few real bargains at St. Thomas, except for liquor and cigarettes. Just about every thing else costs the same or more than prices in the United States. You know you are in trouble when a street vendor tries to sell you a beaded necklace, earring and bracelet set for \$15.

But St. Thomas has excellent water sports, especially scuba diving and snorkeling.

Bodas to lead European tour

Those interested in getting a first-hand view of the Berlin Wall, a barrier of barbed wire and solid concrete, will have an opportunity to do so this summer.

Tour leaders, the Rev. Samuel and Lydia Boda, will lead their ninth tour overseas, July 25 to Aug. 9. Both East and West Berlin are on the itinerary.

Travelers, who may leave from St. Louis or Chicago and then fly directly to Frankfurt, Germany, will tour Berlin and spend two nights there. The tour bus will proceed to Prague, the capital of Czechoslovakia, where the group will stay two nights.

The group will then go to Italy and four Florence, Venice, Pisa and Rome, where three days and three nights will be spent. Other cities are also on the schedule.

For a color brochure, call the Bodas at 876-6559 or 288-5683, or by write to them at 216 West Glen Drive, Glen Carbon, Ill. 62934. Boda is pastor at St. John Lutheran Church, 2001 St. Clair Ave.

Tour arrangements are being handled by Travelink Tours International, Chicago. Co-hosting this tour with the Bodas will be Dr. Elmer and Ruth Matthias, Anaheim, Calif. Matthias is a retired professor, formerly of Concordia Seminary, St. Louis.

New ship passes recent sea trials

The Crown Odyssey (Royal Cruise Line) successfully finished sea trials in the North Sea. The ship is to be delivered in June.

The 990-passenger Crown Odyssey will operate two inaugural cruises to Scandinavian capitals and Russia. The first trip from London's port of Tilbury is slated for June 6, followed by a June 20 journey.

The Crown Odyssey joins the line's Golden Odyssey and Royal Odyssey.

For more information, see a travel agent or write: Royal Cruise Line, 1 Maritime Plaza, suite 660, San Francisco, Calif. 94111.

Seaward to support Olympians

The United States Olympic Committee and Norwegian Cruise Lines (NCL) is raising funds for the U.S. Olympic Team.

When the newest NCL ship, the Seaward, is christened May 28 in New York, celebrities and social leaders will come onboard for a gala to raise money for the Olympic team.

NCL will continue its fundraising efforts throughout the inaugural celebrations, which will include events in the ship's home port of Miami as well as two preinaugural cruises.

Construction of the 42,000-ton Seaward is proceeding on schedule at the Wärtsila Marine Shipyard in Finland. Now in the outfitting dock, the ship will be delivered May 14 and will set sail for Southampton, England on that date.

The ship will depart Southampton May 18 and arrive in New York the morning of May 26. That evening, the ship will be christened in a traditional ceremony, followed by the fund-raiser dinner and a production of "A Chorus Line." The musical will be performed on all Seaward cruises this year.

The Seaward will set sail June 12 on her first scheduled cruise.

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'Good season, bad match' for Davis

By Carl Jacobo
Staff writer

CHAMPAIGN — The reports are in and there is no sugar coating, no disguises and no excuses.

Plain and simple, Warrior 115-pounder Brent Davis had a bad match at the 51st annual state wrestling meet in Champaign and was ousted after the first round of competition.

"I didn't wrestle," Davis said. "He didn't wrestle until the last period," head coach Mike Garland said.

"Good season, bad match," assistant coach Steve Cavanaugh said.

Garland was hoping Davis could grab a medal, but that never materialized. The Davis in Champaign never resembled the Davis that won 37 matches this season. Moline freshman Steve McDonnell scored a reversal in the second period, a takedown and a three-point near fall in the third period before the Warrior junior got into his match on Thursday. Davis then managed a reversal and a three-point near fall and almost pinned McDonnell, but he ran out of moves and time.

"I thought I had him (McDonnell) stuck," Davis said of his near pin in the waning seconds of the match. "But if you don't wrestle in the first part of the match it doesn't really matter."

"Brent didn't wrestle until the last period and when he did, he scored five points on the kid," Garland said. "You have to wrestle six minutes up here. You can't wrestle 5 minutes and 50 seconds. You have to go into the match acting like, hey, it's 10-0, I'm losing and I've got nothing to lose."

After winning the Granite City sectional, Davis thought a bye in the preliminary round of state would enhance his shot at a medal, but after his defeat he wasn't so sure.

"I didn't really like sitting around," he said. "My first match is my toughest match. I

would rather get the first match out of the way."

Garland rebutted the Davis theory.

"I feel there are no excuses," he said. "You either win or you lose. You can find a lot of reasons, a lot of excuses why you lost, but the bottom line is you are not the only kid that has to go through this. I never relied on excuses when I wrestled and I don't expect my kids to. That's the way Schmitt (Red Schmitt), Walt Whitaker and Larry Kristoff brought me up — hey, no excuses, buddy. You've got six minutes out there and it's up to you."

"There are advantages to both," Cavanaugh said of wrestling in the preliminary round versus getting a bye. "When you lose you always wish you had it the other way. But you have to take a defeat and pole vault it into a victory. He has to ready himself to not have this happen next year."

Davis might have been looking past the first match on the quarterfinal round and facing last year's 99-pound state champion, Matthew Bartlett.

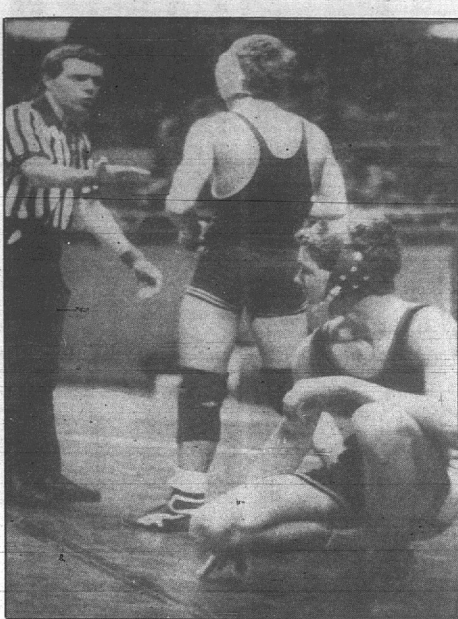
"I guess I looked past it," Davis said of the slow start he never recovered from.

"That's the wrong thing to do," Garland said. "You can't look past anybody up here. These are individuals that have placed or won two tournaments to get here. These are the 24 best wrestlers in the whole state of Illinois and it's a big state. You can't take anybody lightly up here. Everybody up here has about the same amount of ability. It's a matter of who believes in themselves."

Garland said most people will remember Davis for his loss at state.

"I tell my kids every year, come February you can throw all the records out the window," he said. "It's what you do in February that people are going to remember you by. When

(See STATE, Page 3D)



BRENT DAVIS kneels in dismay after Moline's Steve McDonnell scored an 8-5 decision over the Granite City junior in the first round of the state tournament at Champaign on Thursday.

(Staff photo by Carl Jacobo)

3-17 Comanches surprise Trojans

By Dave Whaley
Executive sports editor

CAHOKIA — Playing high school sports is supposed to build character. Young men and women learn how to win and lose and experience a wide range of emotions.

The Trojans certainly experienced the opposite ends of the emotional spectrum over the weekend. After bouncing back from a 13-point deficit for a last-second 72-70 win over Teutopolis at home on Friday, the boys in green were in the clouds.

But after Saturday's 68-55 loss to a 3-17 Cahokia team, the Trojans must have felt like they needed a shovel to work their way back to ground level.

Madison provided the Comanches with the second half of a rare joyous weekend. Cahokia entered the weekend with a 1-17 mark, only to beat Belleville Alt-hoff (22-2) 59-32 on Friday before doubling their pleasure with the win over the Trojans.

"We had three tough games in the last five days, so I was worried about this one on the way down here," coach Rich Essington said. "I told the kids to be prepared because Cahokia is better than the record. I'm sure they are disappointed in the season they have had. But they did everything tonight."

The Comanches came back from an early deficit, took a split lead early in the fourth quarter and then made 13 of 15 free throws down the stretch to drop Madison to a regular-season ending record of 18-7.

"When these games were close in the last quarter I thought we could do it," said Comanche coach Ken McBride. "We had good practices on Wednesday and Thursday and a nice team meeting."

Then the Comanches got a

SCORING	
MADISON	21
CAHOKIA	15

MADISON: Jones 13, Briggs 11, Leonard 8 (5 steals), Seals 4 (5 assists), T. Smith 2, Walker 2.

CAHOKIA: Broeden 19 (13 rebounds), L. Wynn 16, P. Wynn 11 (7 assists), Titliv 2, FG-25, FT-18.

superb performance from forward Nate Broaden. He had 19 points, 13 rebounds, six assists and six steals. Nick Hill, a 5-5 point guard, had seven assists while Larry Wynn had 16 points and six assists.

But Wynn's most important contribution might have come on defense.

"Larry Wynn did an incredible job on Williams," McBride said. "That's Clarence Williams, he of the 31 points in the win over Teutopolis. We 3-1 senior guard, who ignites the Trojan attack, was held to a season-low four points and missed all six of his three-point attempts. He wasn't alone, as the Trojans were 0 for 13 from three-point territory."

"Yeah, that's real good," Essington said sarcastically of the long distance shooting performance. "You can live or die with that shot. We were just disorganized on offense all night and you saw the results."

The Trojans jumped out to early 10-2 and 14-6 leads, but the Comanches shot the ball well when they weren't turning it over. Cahokia committed 25 turnovers in the game but made 17 of 22 shots in the first half as they came back to cut the gap to 20-16 at the end of one quarter.

Hill made two dazzling passes to Ben Jennings and Broaden as the Comanches ran off an 8-2 spurt to take the lead in the second quarter. Cahokia led 37-33 at halftime, but Aaron Jones (13 points) finally got his turnaround jumper to force a couple of times

(See TROJANS, Page 3D)

Skaters ousted by Vianney

By Dave Whaley
Executive sports editor

ARNOLD, Mo. — It was like the final scene from "Butch Cassidy and the Sundance Kid."

And the results were similar. Just as Newman and Redford were up against overwhelming odds down in Bolivia, so was the Warrior hockey team at the South County Ice Rink on Monday. Their small band of top-flight players was further decimated by injuries and lost to an opponent, a Vianney team that was bigger, stronger and faster.

But the Warriors nonetheless went down with their guns smoking in a 7-1 loss to the Griffins, eliminating Granite City from the Mid-State Club Hockey Association playoffs one game shy of the semifinals.

The victory assured the Golden Griffins (17-1) a game at the St. Louis Arena on March 2. They will face either Parkway Central or Kirkwood in the league semifinals this weekend at Queeny Park. The third-place and championship games will then be at the Arena next Wednesday.

The Warriors, who finished at 12-13, were up against it after an 8-4 loss to the Griffins on Saturday at North County.

"I think some of our players came to the game thinking they

didn't have a chance," Warrior coach Gary Henson said. "After the game, they thought they could have won."

And they were certainly in

GRANITE CITY	SCORING	0	0	1	1	7
VIANNEY	1	1	1	1	1	7

GRANITE CITY
WAGNER
06 07 10-20
Goalies: Granite City, Nolan Vianney, K. Kirkwood.

Monday's game. Rich Grogan, who received the ultimate compliment when Vianney fans began chanting his name, scored early in the third period on a power play to make it a 2-1 game. But Brett Newton got the third of his five goals 96 seconds later, then added his fourth just a minute later. The last three goals, including Newton's fifth with three seconds left, made the score very deceiving.

"If this was a 7-1 game, then I'm a Russian jet pilot," Henson said. "They just wore us down. The first three goals were the

ones that beat us and they were mistakes on our part. But I'm as proud of this team as any I've coached. We were undermanned, under-sized and under-abled. But they can feel proud of what they accomplished."

Newton scored in the first period when he got behind the defense for a breakout pass from Chris Overy to beat Robbie Nolan at 11:18. He scored on a wraparound shot from behind the net at 1:25 of the second period.

"That was a mistake by Robbie," Henson said. "But he's a freshman and he will learn."

The Warriors had some chances, including a blast from the slot by Matt Kerekovich that Vianney goalie Kevin Kirkiewicz blocked with his arm. The Warriors then had a two-man advantage, but Kirkiewicz stopped Jim Robinson from point-blank range and Robertson missed an open net seconds later.

A tripping penalty to Jim Moeck early in the third period led to the Warrior goal. With Vianney fans chanting "Goooooo-gan, Goooooo-gan," the senior winger tipped in Todd Richey's backhand from the point at 3:41.

"When the fans are calling

(See HOCKEY, Page 3D)

Warriors fall to Flyers in OT

By Gary King
Staff writer

GRANITE CITY — Don Deterding stood in his office Saturday and tried once again to sift through the all-too-familiar agony of defeat in search of something, anything, that might make losing seem like a pleasant alternative.

Deterding's eyes looked heavy, and his tie had long since assumed a dangling position on the front of his white shirt. The Warrior coach stood in front of a picture that read "Granite City Warriors — Regional Champions 1985."

The picture seemed ironic, if not downright sarcastic.

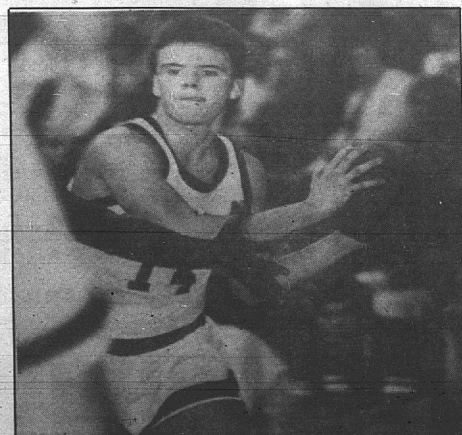
The Warriors had just finished losing to the East St. Louis Flyers 32-48 in double overtime, and a regional championship was the farthest thing from Deterding's mind.

But suddenly it hit him, his eyes lit up and he looked up. Deterding had just sifted through the pain and found a chunk of gold.

"One more weekend," Deterding said, suddenly flashing a Pepsi Special.

With the loss to the Flyers, the Warriors fell to 4-19 on the year after snapping a 13-game losing streak Friday against Edwardsville. East St. Louis raised its record to 1-1.

(See WARRIORS, Page 3D)



MATT COOK had 26 points in the Warriors' win over Edwardsville on Friday.

(Photo by Pam Doeppke)

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Sports briefs

Ducks Unlimited has Art Expo Feb. 27-28

The sixth annual Illinois Ducks Unlimited Wildlife Art Expo will be held Feb. 27-28 at the Ramada Inn in Fairview Heights.

Being one of the more prestigious shows and competitions involving wildlife art in the U.S., artists from across the country will display their works in hope of winning the Illinois DU Artist of the Year award.

Showgoers will see some of the finest original oils, watercolors and acrylic paintings of American wildlife available anywhere. A host of woodcarvers will be showing their premium carvings of songbirds, upland gamebirds, waterfowl, birds of prey and working decoys. Also on hand will be scratchboard, bronze sculpture, fish carvings, prints and other collectibles.

Ducks Unlimited is a conservation organization which has been in existence since 1937 and has a membership of more than 600,000. DU preserves, restores, maintains and protects critical waterfowl habitat in the U.S., Canada and Mexico, and is proud that more than 600 species of birds, mammals and other wildlife inhabit the 500,000-plus acres of DU projects.

The show will be open to the public from 10 a.m. to 6 p.m. on Feb. 27 and from 10 a.m. to 5 p.m. on Feb. 28. An admission fee of \$2 per adult and \$1 per child under 12 will be charged.

Charity bowling in area in March

Area bowlers are invited to Bowl For Kids' Sake on Super Strikes Saturday at either St.

Clair Bowl in Belleville on March 5 or Montclair Bowl in Edwardsville on March 12.

The event will benefit Big Brothers/Big Sisters of Southern Illinois and features two free games of bowling, refreshments and prizes. Bowlers are asked to sign up sponsors to pledge a certain amount for the score of one game. Bowlers will collect pledges from sponsors after bowling.

Grand prize for the most money raised is a trip for two to one of three destinations—Las Vegas, Orlando or Cancun, Mex. Other prizes include nine compact disc players, a video recorder, savings bonds and nine "Getaway Weekends" at the Embassy Suites—Hotel in Laclede's Landing. Participation prizes include T-shirts, bowling towels, gift certificates for dinner at Red Lobster, tote bags and stadium blankets.

The Bowl for Kids' Sake event continues at other bowling houses March 5-12 with an opportunity for league bowlers to participate during regular league bowling. Volunteers will be at Bowland in Granite City; Bel Air Bowl, St. Clair Bowl and Panorama Bowl in Belleville; Camelot Bowl in Collinsville; and Lebanon Bowl. League bowlers are eligible for the prizes listed above.

For more information, call Nancy at 398-3162 or Ann at 656-9067.

Teams needed for softball tournament

Teams are needed for a pre-season women's slow-pitch softball tournament April 23-24 at the Mitchell ball diamonds.

The first 12 teams will be

accepted for the round-robin tournament. Entry fee is \$70. For more information, call Don Loyde at 931-1404 or Tony Zolner at 931-4588.

Basketball game to benefit CURE

A benefit basketball game will be held at Granite City High School's Memorial Gymnasium to aid the Children's United Research Effort (CURE) on Feb. 25.

The Granite City Firefighters will take on the GCHS facility in a game at 7:30 p.m. CURE assists terminally ill children and families and is run by Children's Hospital of St. Louis. The game is in memory of GCHS student Marc Varady, who passed away last year.

Tipoff for the game is 7:30 p.m. Tickets are \$2 for adults and \$1 for students and children. For more ticket information, call 876-1424 or Greg Patton at 877-1512.

Charity game for Parents Plus, ABL

A charity basketball game will be held on March 2 at the Granite City High School gym.

The game will feature the Soaring Eagles, featuring Granite City Mayor Von Dee Cruse and several Granite City policemen and firemen, against a team from KMOX and KITH radio stations.

Halftime entertainment will be provided by the Big Red Line cheerleading squad.

The game is sponsored by Richard Schneck, candidate for Eagle Scout, with all proceeds going to Parents Plus of Granite City and ABL Pregnancy Center

very good ones to work with Saturday. A second-quarter ankle twist suffered by sophomore point guard John Van Buskirk and a superb shooting performance from Matt "B-52" Cook, who scored 26 points in the win over Edwardsville.

With Van Buskirk out of the lineup, the Warriors had to rely on the leadership of senior Kenny Gray, who finished the night with eight points and five assists in an admirable job off the bench. Cook did not shoot well most of the game but still finished with 15 points on three three-pointers to lead all scorers.

"This is just another close one that we let get away," Deetering said. "The firepower right now is just not there. At this stage, I guess you could say we're up a creek without a paddle."

The Warriors close out the regular season Friday when they face Alton in an 8 p.m. away game.

SCORING
GRANITE CITY 06 07 13 12 04 07-32
EAST ST. LOUIS: Mosby 12, Williams 12, Skinner 11, Smith 10, Jett 4, Linder 2, FOWLER 10 Spudniks, P14, P12-13
GRANITE CITY: Cook 16, Sanders 10, Gray 8, Jett 4, Miller 8 (14 rebounds), Burton 6, Van Buskirk 2, FOWLER 10 Spudniks, P17, P12-13

Warrior defensive specialist Kory Burton picked off a pass at midcourt and converted it into a breakaway layup, sending the contest tied 45-45 into the second overtime.

But after their prolonged cruise on fumes, the Warriors finally ran out of gas as East St. Louis scored the first seven points of the second overtime to wrap up the hard-earned win.

"It wasn't a very pretty game at all, but it's always nice to win," said Flyer coach Coy Nunn. "When you're 6-17, you're not too picky about how you win 'em."

And though he's long past the point of reliving excuses, Deetering certainly had two

Schneffe (a sophomore), who

has been skating since they

were 5 or 6. We will just have to

rebuild."

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•Trojans

(Continued from Page 1D)

of Collinsville. Tickets are \$2 in advance and may be purchased at Schmuck's in Granite City or the Boy Scouts office, 2016 Delmar Ave. Tickets can also be purchased at the door for \$2.50. Children under 12 are charged \$1.

Master Casters meet at Pantera's

The Master Casters of Granite City meet the first Tuesday of each month at Pantera's Pizza, 1835 Johnson Road, at 7 p.m.

Anyone interested in the friendly exchange of bass catching techniques and ideas is invited to stop by.

Lord Nelson's has baseball meeting

An organizational meeting for the Lord Nelson's/Home Plate Bar & Grill summer baseball leagues will be held on Feb. 25 at 7 p.m. at the grill, 4015 Pontoon Road.

All team managers are urged to attend the meeting.

Madison softball meeting tonight

The Madison Recreation Department will hold summer softball meetings on Feb. 24 at 7 p.m.

The meeting will be held at the Madison Recreation Center, 7th and Lee in Madison. Anyone interested is urged to attend. Anyone unable to attend or wanting more information should contact Jim Broadway at 451-1440 Monday through Friday before 5 p.m.

•State

(Continued from Page 1D)

you're wrestling, they are not going to ask you what you did in the Holiday Tournament, what you did against Belleville West. They're going to say, 'What did you do at state?'

But Garland will remember Davis' season and is proud of him.

"We're really proud of him," Garland said. "We're proud of what he's done. He has won 103 matches for Granite City and we're proud of him to get here. He is a hard worker and next year should be his banner year. He is the kind of kid I like to coach."

NOTES: How hard was Davis' 112-pound bracket? For the first time in the history of Illinois wrestling, three state champs were in one division. They were: Matthew Bartlett, St. Charles, Class AA 96-pound champ in 1987; Brett Janis, Roselle, 105-pound Class AA champ in 1987; and John Weber, Pontiac, Class A 105-pound champ in 1987. Weber was ousted in the first round of the tournament this year but Janis and Bartlett met for the championship with Janis winning 10-5 to capture the crown. Chad Hamilton of Rosana was the only area wrestler to place. The 145-pounder took fourth place.

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Entertainment

48 GRANITE CITY JOURNAL—February 24, 1988

'Action Jackson' big on carnage; 'Serpent' sluggish

ACTION JACKSON—Cop Carl Weathers slams the brakes on a vicious auto tycoon's plans to take control of the industry's unions by executing officials who get in his way. Excellent stunt-chase work despite an overabundance of ugly violence, with Weathers surprisingly effective as the fast-talking, fleet-footed detective. As the heavy trained in karate, Craig T. Nelson sneers his way through the entire project, and Vanity sings a few songs.

Rated R. (Extreme violence, language.)

Harry Ham
"Action Jackson" (1½ stars) is the kind of film that will cause a lot of moviegoers to wonder where Hollywood really is heading. This carnival of carnage is so overblown in its execution of a flimsy story line that it makes moviegoing seem like an exercise for violent, hyperactive adults in desperate need of the vicarious reinforcement of their condition.

Carl Weathers stars as Jericho Jackson, aka Action Jackson, a Harvard-educated cop from Detroit who does battle with the evil forces of Craig T. Nelson. Nelson's character, Peter Dellaplane, is an executive in the auto manufacturing business whose passion for power is only matched by Jackson's passion for violence, in the name of justice, of course.

The "story" revolves around a plot by Nelson's men to kill off prominent union officials in the automobile business, thereby strengthening Nelson's power and empire.

If measured by wrecked cars, shattered glass, explosive fire-power and broken bodies, "Action Jackson" is a useful. But like too much of anything, the excess becomes numbing to the viewer and soon you find yourself yawning.

As much as Jackson is for justice, he is evidently not much for marital fidelity. Jackson has a wife in the film, played by Sharon Stone. He also has a lady on the side, played by actress/singer Vanity. She sings two songs in the movie, one of which is titled "Undress." So much for what Vanity lends to "Action Jackson."

I have met Weathers on two occasions and he is one of the nicest people in the film business. But his latest project, "Action Jackson," is a real excuse for a movie. It is more like a training film for terrorists.

Frank Hunter
The glut of movies bristling with undisciplined cops who go about the criminal business their own way continues unabated.

Now comes Carl Weathers, formerly of Sylvester Stallone's "Rocky" pictures in which he played slugger Apollo Creed. Weathers still is slugging it

out in "Action Jackson" (2½ stars), this time as a police sergeant utterly obsessed with solving a string of brutal murders linked to Peter Dellaplane, a sinister auto tycoon seeking political power and control of his company's union.

Craig T. Nelson is Dellaplane and models his character along the lines of real-life automaker John DeLoer who also had his problems with the law.

His cars are sporty and very expensive, just like the exec's girlfriends and the gigantic mansion he occupies with his troubled blonde wife.

What "Action Jackson" is all about is stunt work. The visual aspects of the film are good, with plenty of men in cars hurtling through streets, or space, and of course, into buildings. Stunt director Jophery Brown's choreography extracts the maximum in gasps from thrill seekers.

The film also is larded with unconscionable violence, brutality and language, which producer Joel Silver will go to his grave proclaiming not "violence" but "action."

All one needs to know about Nelson's character, Peter Dellaplane, is an executive in the auto manufacturing business whose passion for power is only matched by Jackson's passion for violence, in the name of justice, of course.

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All one needs to know about Nelson's character, Peter Dellaplane, is an executive in the auto manufacturing business whose passion for power is only matched by Jackson's passion for violence, in the name of justice, of course.

The "story" revolves around a plot by Nelson's men to kill off prominent union officials in the automobile business, thereby strengthening Nelson's power and empire.

If measured by wrecked cars, shattered glass, explosive fire-power and broken bodies, "Action Jackson" is a useful. But like too much of anything, the excess becomes numbing to the viewer and soon you find yourself yawning.

As much as Jackson is for justice, he is evidently not much for marital fidelity. Jackson has a wife in the film, played by Sharon Stone. He also has a lady on the side, played by actress/singer Vanity. She sings two songs in the movie, one of which is titled "Undress." So much for what Vanity lends to "Action Jackson."

I have met Weathers on two occasions and he is one of the nicest people in the film business. But his latest project, "Action Jackson," is a real excuse for a movie. It is more like a training film for terrorists.

Frank Hunter
The glut of movies bristling with undisciplined cops who go about the criminal business their own way continues unabated.

Now comes Carl Weathers, formerly of Sylvester Stallone's "Rocky" pictures in which he played slugger Apollo Creed. Weathers still is slugging it

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Around the kitchen

Warm appetites with sausage, soup

The days are getting longer, but winter is still here. Meals are needed that are both soothing and satisfying.

From the first sip of nutritious Old World Sausage 'n Bean Chowder to the last forkful of Smoked Sausage Vinaigrette Salad, a meal can bring to mind the goodness of home-cooked foods.

Either can be served as an appetizer or a first course, or combined as a main entrée. Soup, and salad lend a comfortable air of informality to a family-type meal. Simple ingredients like sliced zucchini, carrots, celery and corn combine to give an appetizing, zesty appearance as well as being nutritiously hearty fare.

Add hot crusty French bread or rolls and a beverage such as warm spiced cider to complement these economical, nutrient-packed dishes.

Old World sausage 'n bean chowder

- 1 lb. bratwurst, cut in 1/2 inch pieces
- 1 tsp. margarine or butter
- 1 small onion, chopped
- 1/2 cup sliced celery
- 1 can (8 oz.) pork and beans
- 1/2 cup chicken broth
- 1/2 tsp. coarsely ground pepper
- 1 tsp. brown sugar
- 1 tsp. flour
- 1/2 cup half-and-half
- 2 or 3 lemon slices

Chopped chives or green onion tops, to garnish

Melt margarine in Dutch oven. Sauté bratwurst, onion and celery until bratwurst is golden brown and vegetables are tender.

Add pork and beans, chicken broth, pepper and brown sugar. Stir to blend. Over medium heat, bring mixture to gentle boil. Turn heat to low, cover tightly and simmer 40 minutes.

Combine half-and-half and flour in small jar. Cover tightly and shake well to blend. Add to chowder, stirring constantly until thickened. Do not boil.

Serve in bowls topped with lemon slice and chopped chives. Yields 2 to 3 servings.

Smoked sausage mustard vinaigrette salad

- 1 lb. smoked sausage, cut in 1 inch diagonal slices
- 1 tsp. margarine or butter
- 2 to 3 small potatoes, peeled, quartered
- 1 tsp. vinegar
- 1/2 cup oil
- 1 tsp. Dijon mustard
- 1 tsp. chopped chives or green onions

Note: This salad is best served the next day for flavors to blend well.

In medium skillet, sauté sausage pieces until evenly browned. Drain on absorbent towel. Reserve.

Cook potatoes in boiling salted water just until tender. Drain. Cool sausage and potatoes in refrigerator.

Combine mustard and vinegar. Let rest a few minutes for salt to dissolve. Gradually add oil, stirring constantly, until blended well. Stir in mustard until well blended.

Coat chilled sausage and potatoes with vinaigrette sauce. Sprinkle with chopped chives. Refrigerate overnight for flavors to blend well.

Makes 2 servings.

Nutty fried cheese

- 1 egg
- 1/2 cup chopped shell pistachios
- 1 lb. mozzarella cheese, well chilled, cut in 2 inch pieces
- 2 tsp. flour

In pie plate, beat egg. Place pistachios on waxed paper.

Coat cheese with flour. Dip cheese in egg to coat, then with pistachios. Place on cookie sheet. Refrigerate 30 minutes.

In 4-quart saucepan, heat 2 inches oil to 375°. Fry cheese, a few pieces at a time, until coating is lightly browned, about 2 minutes, turning occasionally.

With slotted spoon, remove to paper towels to drain. Serve immediately.

Makes about 12 appetizers.

Red beans and rice

- 1 cup uncooked rice (16 oz.) can pink or red kidney beans, drained, or 1 1/2 cups cooked beans
- 1 cup chopped onion
- 1/2 cup soy sauce
- 1/2 cup sherry
- 1 tsp. toasted sesame seeds, if desired

Cook rice according to package directions until tender.

Add beans, onion, soy sauce and sherry. Mix gently. Simmer, covered, 5 minutes or until all moisture is absorbed. Sprinkle with sesame seeds. Yields 6 servings.



SAUSAGE'S SUBTLE FLAVORS are a perfect match for a salad that seasons itself overnight.

Sausage-vegetable winter soup pot

- 8 oz. Kielbasa sausage, cut in 1/2 inch chunks
- 3 tsp. margarine or butter
- 1 large onion, coarsely chopped
- 1 cup sliced celery
- 1 large garlic clove, minced
- 1 cup sliced carrots
- 1 can (14 1/2 oz.) peeled whole tomatoes, cut up
- 1/2 cup chicken broth
- 2 small zucchini, sliced
- 1 cup frozen kernel corn
- 1/2 tsp. basil
- Salt and pepper, to taste
- Grated parmesan cheese, if desired

In Dutch oven, melt 2 tablespoons margarine. Sauté onions, celery and garlic until just tender. Add carrots. Cook, stirring frequently, 3 minutes.

Add tomatoes and chicken broth. Bring to boil, then reduce heat to simmer. Cover and cook 10 to 15 minutes, or until carrots are tender.

Meanwhile, melt 1 tablespoon margarine in another skillet and brown sausage. Drain on paper towel. Reserve.

Add zucchini and corn to soup. Season with salt and pepper to taste. Add basil and sausage chunks. Simmer, covered, 5 minutes.

Serve garnished with parmesan cheese. Yields 6 to 8 servings.

Cheese pecan quiche

- 1 (9 inch) pie shell, baked, cooled
- 1 cup grated Swiss cheese
- 1/2 cup chopped onion
- 1 tsp. flour
- 1/2 cup chopped pecans
- 2 eggs, beaten
- 1 cup milk
- 1/2 tsp. brown mustard

Filling of choice

Note: This basic quiche recipe can be combined with choice of meat or vegetable. Use chicken, crabmeat, ham, sausage, spinach, broccoli or mushrooms.

Mix about 1 cup of chosen ingredient with cheese, onion, flour and 1/2 cup pecans. Sprinkle into crust.

Mix eggs, milk and mustard. Pour over mixture in pie shell. Top with remaining pecans. Bake at 325° for 50 minutes.

Makes 6 servings.

Rum raisin muffins

- 3 cups flour
- 1/2 cup sugar
- 1 tsp. baking powder
- 1 tsp. cinnamon
- 1 tsp. nutmeg
- 2 eggs
- 2 large eggs
- 1 cup milk
- 1/2 cup margarine, melted
- 1 1/2 tsp. rum extract or 1 1/2 tsp. rum

Topping

- 1 tsp. sugar
- 1/2 tsp. cinnamon
- 1 tsp. nutmeg

In large bowl, combine flour, 1/2 cup sugar, baking powder, 1 teaspoon cinnamon, 1/2 teaspoon nutmeg and salt.

In medium bowl, whisk eggs, milk, melted margarine and rum extract until blended.

Four liquid ingredients into dry ingredients, stirring just until mixed.

Spoon batter evenly in 16 greased, 2 1/4-inch muffin cups. Sprinkle Topping evenly over muffins. Bake in 400° oven 20 to 25 minutes or until golden.

Topping: In small cup, combine 1 teaspoon sugar, 1/2 teaspoon cinnamon and 1/4 teaspoon nutmeg. Yields 16 muffins.

Test baking powder to determine quality

To determine if baking powder still is active, stir one teaspoon baking powder into 1/4 cup hot water. Baking powder is fit to use if it bubbles abundantly.

Pineapple bran muffins

- 1 can (8 oz.) crushed pineapple
- 1 cup all-bran cereal
- 1/2 cup milk
- 1 egg, slightly beaten
- 1/2 cup oil
- 2 tsp. light molasses
- 1 cup flour
- 1/2 cup sugar
- 2 tsp. baking powder
- 1/2 tsp. salt

Drain pineapple well, reserving 1/4 cup juice.

Combine reserved juice, cereal and milk. Let stand a few minutes to soften cereal. Stir in pineapple, egg, oil and molasses.

Combine flour, sugar, baking powder and salt. Add to pineapple mixture. Stir just to combine.

Spoon batter into 6 well-greased muffin cups. Bake in 400° oven 20 to 25 minutes until tests done. Serves 6.

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Cooking methods melt into real creole stockpot

Creole cooking is a truly American cuisine, drawing on the cooking methods, seasonings and food combinations of the French, Spanish, Indians and Africans who lived in the Mississippi Delta region.

Africans introduced okra that is featured in many creole dishes, as well as the slow cooking methods and blending of herbs and vegetables that result in distinctive creole gumbos. The Spanish contributed their love of hotly seasoned foods, and the habit of mixing meat and poultry together and serving it over rice, which became the basic recipe for jambalaya.

Sauces are an important part of creole cooking. The creole sauce of Cajun Cod works well with a variety of fish. And the creole sauce also makes an excellent topping for the rice, potatoes or pasta that go well as an accompaniment. It is flavorful and slightly spicy, but more pepper sauce will make it hotter. It can be made ahead and reheated when baking fish, or even can be made in larger quantities and frozen.

Cajun cod

1 lb. cod filets
1 fresh lemon

Creole Sauce

2 tbsp. margarine
1 cup chopped onions
1 cup chopped green pepper

Apricot-pineapple jam

1 can (12 oz.) frozen apple juice concentrate
10 oz. dried apricots, coarsely chopped (about 1 1/2 cups)
1 can (8 oz.) crushed pineapple, including juice
1 cup water
1 cup sugar
1 tsp. fresh lemon juice

Combine apple juice concen-

1 cup tomatoes (fresh or canned), peeled, chopped
1/2 cup chopped celery
1/2 tsp. minced garlic
2 tsp. black pepper
2 whole bay leaves
2 tsp. cayenne pepper
2 tsp. thyme leaves
2 tsp. oregano leaves
2 tsp. white pepper
2 tsp. paprika
1 cup dried basil leaves
1 1/2 cups chicken stock
1 cup canned tomato sauce
1 tsp. sugar
1 tsp. pepper sauce

Melt margarine in large skillet. Stir in tomatoes, onions, green peppers and celery. Add garlic, black pepper, bay, cayenne, thyme, oregano, white pepper, paprika and basil. Saute until onions are transparent, stirring occasionally.

Stir in stock, tomato sauce, sugar and pepper sauce. Bring to boil. Reduce heat to simmer. Cook until vegetables are tender, about 20 minutes. Remove bay leaves before serving.

While sauce finishes cooking, heat oven to 450°. Place filets in lightly buttered baking dish. Squeeze lemon over top. Bake 8 to 10 minutes, or until fish flakes easily with fork.

Place baked fish on warm platter. Cover with sauce.

Yields about 4 servings, 145 calories and 6 gm. fat each.

This information is provided by the American Institute for Cancer Research, Washington, D.C. Registered dietitian Karen Collins reviews its recipes.

trate, apricots, pineapple, water, sugar and lemon juice in saucepan. Bring to boil. Lower heat. Simmer about 20 minutes, stirring frequently, until mixture has thickened to desired consistency. Spoon jam in hot sterilized jars, filling to within 1/4-inch of top. Seal immediately with lid and screw band. Boil in hot water bath 5 minutes. Let cool completely. Makes 3 cups. Recipe can be doubled.

No magic formula makes weight disappear overnight

By Jacqueline Lanfker
Registered dietitian
American Heart Association

Achieving and maintaining ideal body weight is one way to lower the risk of experiencing a heart attack or stroke. Excess weight puts an extra strain on the heart and makes it work harder.

Losing weight and keeping it off does not happen overnight. It is not quick, nor is it easy. There is no magic formula. Most importantly, no one else can do it. There is only one person who can make the necessary lifestyle changes to achieve a weight goal.

Permanent weight control is best obtained through gradual lifestyle changes. The key word is "gradual." Concentrate on slowly changing behaviors that contribute to weight gain and on learning new behaviors, rather than concentrating on a structured diet.

To many people, "diet" is a nasty four-letter word, meaning a dreaded sacrifice. If the meth-

od is to be on a "diet," that "diet" probably will be discarded in a few days or weeks. Any success experienced in terms of weight loss eventually will fade since because old behaviors will return along with that former body weight.

Begin today by examining present eating habits and behaviors. Try writing down everything eaten or drunk in one day. Note the time of day and the circumstances surrounding the eating, such as while watching television, talking with the children or following an argument with a spouse. Analyze the day's record and pick one or two weaknesses on which to work.

For example, if much snacking occurs while watching television, plan to overcome this habit with a new one. Depending on preferences, try doing needlepoint, limiting television time or taking a brisk walk. If the decision is to snack, eat low-calorie foods such as plain popcorn, fresh fruit or raw vegetable sticks.

Get into the habit of eating regular, well-balanced meals each day. Pay attention to nutrition. Include a variety of nutrient-dense foods in meals. Fish, skinless poultry and lean meats; fruit, vegetables and grain products; and low-fat dairy products are filling, yet give nutrients for their calories.

When feeling hungry between meals, drink two large glasses of water or tea. In fact, incorporating the behavior of reaching for a glass of water instead of calorie-laden snacks works very well in curbing hunger pangs. If a snack is still in order, the water lends a feeling of fullness that helps decrease the portion of food needed to satisfy hunger.

Gradually build more physical activity into the day. Take a walk at lunch time, use stairs instead of an elevator and spend at least 30 minutes three times a week enjoying an active sport such as jogging, brisk walking, cycling or swimming.

For more tips on weight loss, call the Heart Information Ser-

vice at 1-800-255-9919. Request a free copy of "A Guide To Losing Weight."

Layered vegetables vinaigrette

1/2 cup vinegar
1/2 cup oil
1/2 cup Dijon mustard
1/2 cup freshly ground black pepper
4 medium carrots
1 lb. green beans
2 tomatoes
2 cucumbers
1 lb. mushrooms

Mix vinegar, oil, mustard and pepper in jar. Shake well.

Scrub or peel carrots and slice into rounds. Steam green beans 5 minutes, then drain. Slice tomatoes, cucumbers and mushrooms in thin slices.

Layer vegetables in serving dish. Top with dressing. Refrigerate 1 hour or more before serving.

Yields 8 servings, each providing about 122 calories, 7.8 gm. fat, 222 mg. sodium and no cholesterol.

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Health benefits from using low fat entrees

By Jacqueline Lankfer
Registered dietitian
American Heart Association

When planning menus, is meat, poultry or fish always the first item selected? Most people do it that way.

Meals are planned around the entree and most entrees contain one or more types of meat. In order to reduce and control the amount of cholesterol in the blood, the American Heart Association recommends limiting meat, poultry and fish consumption to no more than 6 ounces daily. One easy way to stay within this guideline is to incorporate meatless entrees into weekly menus.

Meatless entrees offer a pleasant change for taste buds while adding bulk to a diet in the form of money saved over traditional meat entrees. Health will benefit from meals rich in protein and low in saturated fats. All the cholesterol and the majority of saturated fat found in a diet come from foods of animal origin. Foods of plant origin are cholesterol-free and generally low in saturated fats, with coconut, palm kernel and palm oils being exceptions.

The protein in meat and other animal products is complete. In other words, the body can utilize the protein from meats and dairy products without combining other foods with them. Plant proteins, on the other hand, need to be teamed with other protein sources to become complete. This is best achieved by pairing plant sources or by coupling plant and animal sources.

Legumes—such as beans, peas and lentils—can be combined with grains or nuts and seeds for high-quality protein. Possible combinations are endless. A rice-bean casserole, split pea soup with cornbread, and bean burritos are a few examples. Examine favorite legume side dish recipes and consider transforming them into entrees by pairing them with grains or nuts. It is a simple task requiring only a little imagination.

Besides legume dishes, another alternative for heart-healthy meatless meals is the use of low-fat dairy products. Skim milk, low-fat yogurt and low-fat cheeses can be combined with legumes, grains, nuts or seeds for a complete protein source. A peanut butter sandwich with a glass of skim milk is a popular example.

To help get a start on the road to heart health, the Saint Louis Chapter of AHA has published a new brochure, entitled "I Love Eating Meatless Entrees." Order a free copy today by calling the Heart Information Service at 45-HEART or 1-800-255-9919 from outside St. Louis.

The following recipe is from the new brochure. It makes a perfect entree for cold weather days.

Minestrone soup

- 1 (11 oz.) can red kidney beans
- 1/2 tsp. garlic powder
- 1 clove garlic, pressed
- 1/2 tsp. basil
- 1/2 tsp. oregano
- 1/2 tsp. black pepper
- 2 tsp. olive oil
- 1/2 tsp. cayenne pepper, if desired
- 1/2 cup chopped fresh parsley
- 1 small zucchini, unpeeled, cut in

Make muffins moister without baking cups

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- small cubes
- 2 ribs celery, chopped
- 2 small carrots, diced
- 4 green onions, chopped
- or 5 leaves Swiss chard or spinach, chopped
- 1 cup small lima beans
- 2 tbsp. margarine
- 1 (16 oz.) can tomatoes, mashed
- 2 1/2 cups water
- 1/2 cup uncooked macaroni or spaghetti

Place undrained beans in large kettle. Mash about two-thirds of beans, leaving the rest whole.

Add garlic powder, garlic, basil, oregano, black and cayenne pepper, olive oil and parsley. Stir well. Add zucchini, celery, carrots, lima beans, onions, chard, margarine, tomatoes and water. Simmer 1 hour.

Add macaroni to simmer 15 minutes before serving. Add more water or 1/2 cup white wine if too thick.

Yields 6 servings; 236 calories, 6.5 gm. fat, 186 mg. sodium, no cholesterol each.

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Sausage and vegetable soup

1. 1-lb. oil
2. 3 medium apples, peeled, chopped
3. 1 cup chopped onion
4. 2 cups beef broth or bouillon
5. 1 lb. Polish sausage, cut in half lengthwise, then cut in 1/2 inch slices
6. 1 cup sliced carrots
7. 1 tsp. salt
8. 2 tsp. pepper
9. 3 cups shredded cabbage
10. 2 tsp. cornstarch

In 4-quart saucepan, heat oil over medium heat. Add apples and onions. Stirring frequently, cook 5 minutes or until very tender.

Stir in 3 cups broth, sausage, carrots, salt and pepper. Bring to boil. Reduce heat. Cover and simmer 30 minutes.

Stir in cabbage. Simmer 10 minutes longer.

In small bowl, mix cornstarch and remaining 1/2 cup broth until smooth. Stir into soup. Stirring constantly, bring to boil over medium heat and boil 1 minute. Makes 8 (1-cup) servings.

Zesty rice lasagna

1. cup uncooked long grain rice
2. eggs, slightly beaten
3. cup plus 2 tbsp. grated parmesan cheese
4. 2 cups shredded mozzarella cheese
5. 1 cup cottage cheese
6. 1 lb. lean ground beef
7. 1 jar (15 1/2 oz.) spaghetti sauce

Cook rice according to package directions. Cool slightly.

Add eggs and 1/4 cup parmesan cheese. Mix thoroughly. Set aside.

Combine 1/4 cup parmesan, mozzarella and cottage cheeses. Mix well.

Brown meat. Drain off excess fat. Add spaghetti sauce. Continue cooking until thoroughly heated.

Spoon half the rice mixture into 3-quart casserole dish. Cover with half the cheese mixture. Top with half the meat sauce. Repeat layers. Top with remaining 2 table-spoons parmesan cheese.

Bake at 375° for 15 to 20 minutes or until thoroughly heated. Serves 6 to 8.

Oriental chicken dumpling soup

1. egg white
2. 1 lb. chicken, finely chopped
3. 1 cup finely chopped water chestnuts
4. 1 tsp. cornstarch
5. 1 tsp. soy sauce
6. 1 tsp. minced fresh ginger
7. 1 cup carrots, cut in matchstick-thin strips
8. 2 cans (10 1/2 oz.) chicken broth
9. 1 cup can water
10. 1/2 cup snow peas

Sliced radishes for garnish.

In small bowl, beat egg white with fork until foamy. Add chicken, water chestnuts, cornstarch, soy sauce and ginger. Mix well.

In 4-quart saucepan over high heat, heat 2 quarts water to boiling. Drop chicken mixture by teaspoonfuls into water. Reduce heat to low. Simmer 2 to 5 minutes until meat is done and balls rise to surface. With slotted spoon remove balls. Set aside. Discard water.

In same saucepan over high heat, heat chicken broth and can of water to boiling. Add carrots. Reduce heat to low. Simmer 5 minutes. Add snow peas. Simmer 2 minutes more.

Add balls to broth. Heat through. Ladle into bowls. Top with sliced radishes.

Makes 6 cups or 6 servings; 105 calories and 891 mg. sodium each.

Microwave directions: In small bowl, beat egg white with fork until foamy. Add chicken, water chestnuts, cornstarch, soy sauce and ginger. Mix well.

In 3-quart microwave-safe casserole, place 2 table-spoons water. Drop half the chicken mixture by teaspoonfuls into water. Cover. Microwave on high 1 1/2 minutes or until chicken turns white. With slotted spoon, remove balls. Set aside. Repeat with remaining chicken mixture.

In same casserole, combine broth, can of water, carrots, snow peas and balls. Cover. Microwave on high 7 minutes, stirring twice during cooking.

Microwave saucy burritos

- 2 pkg. (5 oz. ea.) beef and bean burritos
- 1 cup chopped green pepper
- 1 cup sliced ripe tomato
- 2 tbsp. salsa
- 1 cup (1 oz.) shredded hot pepper cheese

In 9-inch microwave-safe pie plate, place burritos.

In small bowl, combine tomato, green pepper, olives and salsa. Pour vegetable mixture on top of burritos. Heat, covered, on high 9 to 11 minutes or until hot, rotating plate once.

Uncover. Sprinkle cheese on top. Re-cover. Let stand 2 to 3 minutes before serving. Makes 2 servings.

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If you see news, call the Press-Record Journal at 877-7700; and ask for the editor, Jack C. Ventimiglia.

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Hearty foods help to cast aside winter chill

As blustery weather chills the body, soups, stews, casseroles and other stick-to-the-ribs dishes gain appeal. While hule and hearty fare is often synonymous with heavy, fatty foods, it is not necessary.

Today's lighter and leaner approach to cooking is a lot healthier than in great-grandmother's day. Fortunately it is a lot faster, too. From low-fat dairy products to lean, quick-cooking cuts of meat and poultry, from enriched pasta and pre-cooked rice to stuffing mixes, frozen vegetables and no-oil salad dressings mixes, there is a bounty of nutritious ingredients available for making hearty yet healthy meals in a hurry.

Good taste and good looks figure in anyone's menus. Pasta carbonara, when prepared the classic home-style way, is loaded with fat from butter, heavy cream, cheese and bacon. Today it is possible to do a healthier version, preserving the same pleasing flavor combinations.

The only ingredient cooked is the pasta. The peas are simply thawed in the pasta's hot cooking water. The turkey and other ingredients are tossed with the hot, cooked spaghetti before serving.

To complement the carbonara, serve Vegetable-Tomato Bake, a vegetable mixture baked with white wine, tomatoes and grated cheese. The dish is easy to put together and delivers a lot of flavor without a lot of fat.

Another simple and healthful meal is Fish Filets Baked with Orange Stuffing served with Broccoli with Red Pepper Sauce. Convenient ingredients such as whole frozen trout and stuffing mix make the entire meal easy to fix, and orange juice and rind add zest. Using fruit juices, broth, herbs and other seasonings instead of butter or margarine and making sauces from pureed vegetables are good tips for healthful cooking.

A frozen vegetable, quick-cooking rice and chicken broth are the basic ingredients in Vegetable-Rice Soup, a convenient and nutritious preparation that is a good cold-weather meal.

ture, scallions, lemon juice and nutmeg. Simmer 4 minutes.

Stir in rice. Cover. Remove from heat. Let stand 5 minutes.

Makes 2 cups or 2 servings; about 110 calories, 7 gm. protein, 16 gm. carbohydrate, 2 gm. fat, 700 mg. sodium and 3 gm. dietary fiber per serving.

Vegetable-tomato bake

- 2 medium tomatoes, sliced
- 1/2 pkg. (16 oz.) frozen broccoli, cauliflower and carrots, thawed
- 2 tsp. grated parmesan cheese
- 1/2 tsp. dry white wine
- 1/2 tsp. basil
- Dash pepper

Spray 8-inch square baking dish with vegetable oil cooking spray. Place half the tomatoes on bottom of dish. Spread vegetable mixture over tomatoes. Sprinkle with half the cheese, then white wine, basil and pepper. Top with remaining tomato slices. Sprinkle with remaining cheese.

Bake at 425° for 15 minutes, or until cheese is melted and vegetables are heated through.

Makes 2 servings; about 110 calories, 6 gm. protein, 11 gm. carbohydrate, 3 gm. fat, 180 mg. sodium and 3 gm. dietary fiber each.

Spaghetti carbonara-style

- 1/2 cup plain yogurt
- 2 tsp. dairy sour cream
- 1 oz. spaghetti, uncooked
- 1/2 pkg. (10 oz.) frozen tiny peas
- 1/2 oz. turkey ham, cut in thin strips
- 1 tsp. cracked pepper
- 1/2 cup grated parmesan cheese

Combine yogurt and sour cream in small bowl. Set aside.

Cook pasta as directed on package. Place frozen peas in strainer, then drain pasta water directly over peas.

Toss pasta and peas with turkey ham, pepper and yogurt sauce. Sprinkle with cheese.

Makes 2 servings; about 370 calories, 21 gm. protein, 53 gm. carbohydrate, 8 gm. fat, 480 mg. sodium and 3 gm. dietary fiber each.

Fish filets baked with orange stuffing

- 1/2 cup chopped scallions
- 1 cup orange juice
- 1 oz. chicken flavor stuffing mix
- 1 tsp. grated orange rind
- 1/2 tsp. grated fresh ginger
- 4 flounder or sole filets (3 oz. each)

Combine scallions and 1/2 cup orange juice in bowl. Bring to boil. Cover and simmer 3 minutes. Stir in stuffing mix, rind and ginger. Cover. Remove from heat. Let stand 5 minutes.

Place 2 filets in greased baking dish. Spoon 1/2 cup stuffing on each filet. Cut a slit lengthwise through middle of remaining filets to within 1 inch of each end. Place on stuffing on other filets.

Open slit and spoon remaining stuffing in center. Pour orange juice over filets, avoiding stuffing.

Bake at 350° for 25 minutes or until fish easily flakes with fork.

Makes 2 servings; about 320 calories, 32 gm. protein, 36 gm. carbohydrate, 5 gm. fat, 650 mg. sodium and no dietary fiber per serving.

Vegetable-rice soup

- 1 can (13 1/2 oz.) chicken broth
- 1/2 pkg. (16 oz.) frozen broccoli, baby carrots and water chestnuts
- 1 tsp. chopped scallions
- 2 tsp. lemon juice
- 1/2 tsp. nutmeg
- 2 tsp. fast-cooking rice

Bring broth to boil in large saucepan. Add vegetable mix-

Snappy salmon mold

- 2 envelopes unflavored gelatin
- 1 1/2 cups cold water
- 1 cup mayonnaise or salad dressing
- 1/2 cup French salad dressing
- 1 cup dairy sour cream
- 1 (1 lb.) can salmon, drained, flaked
- 1 cup chopped celery

Soften gelatin in cold water. Stir over low heat until dissolved. Cool. Gradually add gelatin to salad dressing. French dressing and sour cream, mixing until blended. Chill until partially set.

Fold in salmon and celery. Pour into lightly-oiled 1 1/2-quart mold. Chill until firm.

Unmold. Garnish with curly endive, if desired.

Makes 6 servings.

Note: This savory salmon mold is an excellent salad especially for buffets. Serve the mold on a large platter surrounded by a variety of fresh vegetables such as cucumbers, tomato wedges, carrot curls and radish roses.

Vegetable medley

- 1 can (16 oz.) French green beans, drained
- 1 can (16 oz.) tiny peas, drained
- 1 can (15 oz.) fancy Chinese vegetables, drained
- 1 can water chestnuts, thinly sliced
- 1 1/2 cups thinly sliced celery
- 3 medium onions, thinly sliced
- 1/2 cup Russian dressing
- 2 tsp. soy sauce

Combine beans, peas, Chinese vegetables, water chestnuts, celery, onion, salad dressing and soy sauce in large bowl. Mix well. Refrigerate, covered, overnight.

Makes 8 servings.

If you see news...

If you see news, call the Press-Record Journal at 677-7700 and ask for the editor, Jack C. Ventimiglia.

Golden crunch cookies

- 2 very ripe, medium bananas, peeled
- 1/2 cup butter or margarine, softened
- 1 egg
- 1/2 cup plain yogurt
- 1 tsp. vanilla
- 1 1/2 cups flour
- 1 tsp. baking powder
- 1/2 tsp. salt
- 2 cups sweetened raisin granola cereal
- 1/2 cup sunflower seed nuts

Puree bananas in blender to make 1 cup.

Beat butter and honey until fluffy. Beat in egg, yogurt, vanilla and bananas.

Combine flour, baking powder, and salt. Add to banana mixture. Beat until blended. Stir in granola and sunflower seed nuts.

Drop by heaping tablespoons on lightly greased baking sheets. Smooth top with spoon.

Bake in 375° oven 12 to 15 minutes.

Makes about 2 1/2 dozen cookies.

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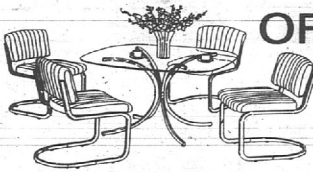
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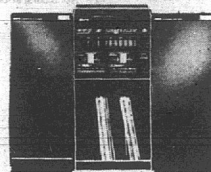
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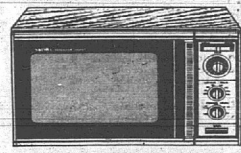
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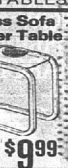
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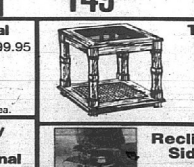
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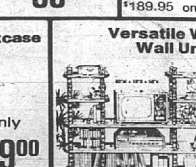
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Applicant Must:

1. Be at least 21 years of age and no more than 35 years.
2. Weight must be in proportion to height. (Final determination will be made by department physician.)
3. Possess a valid Driver's License.
4. Pass a physical examination.
5. Pass written examination, agility tests, oral interviews, a background investigation administered by this Commission.
6. As per City Ordinance #1099 Section 2: That no person shall be appointed to the office of policeman who is not a resident of the City of Madison.
7. Applicants must have received a high school diploma or G.E.D.
8. Applications can be picked up at the Police Department between the hours of 9 A.M. to 9 P.M., Monday through Friday.

Applications available at dispatcher's desk at Madison Police Department from January 15, 1988 to March 1, 1988.

Application must be returned no later than March 8, 1988.



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Warm soup delicious way to fight frigid temperatures

There is nothing like a bowl of soup to help warm winter months. No matter how it is made, soup has a warming effect that will raise the winter spirits.

A few simple additions to a soup can transform a meal into a celebration. For instance, add a tablespoon of soy sauce and a can of chopped green onions to a can of chicken with egg noodles soup. Another effect can be achieved by combining a teaspoon of chili powder with chunky beef soup. Top with grated cheddar cheese for extra flavor.

The following recipes for hearty soups and stews start with the convenience and great taste of prepared soups. Friends and family will love them. It is a quick route to a warmer destination.

Country Chicken Soup is a hearty and delicious way to heat up a blustery day. Made with chicken broth and chunks of chicken, carrots, turnips and red potatoes, Country Chicken Soup can take the bite out of winter.

Kielbasa, burgundy wine, a pinch of onion soup, a pinch of cumin and a can of hearty lentil soup are the start of a delicious Middle Eastern Lentil and Sausage Soup. Top with chopped hard-cooked egg and lemon wedges for extra color.

Seaside Chowder gets a smooth and creamy taste from a can of potato soup. Added to the soup are bacon, shrimp, halibut, thyme, milk and tomato sauce, resulting in a rich chowder.

Combine pork cooked with garlic, oregano, tomatoes, green chilies, pinto beans and beef broth for a wonderful Pork and Chili Soup. Add ground red pepper for a burst of flavor.

Country chicken soup

- 4 cans (14 1/2 oz. each) chicken broth
- 5 carrots, peeled, cut in 1 inch pieces
- 1 lb. turnips, peeled, cut in 1 inch pieces
- 1 lb. red potatoes, cut in 1 inch pieces
- 1 small bay leaf
- 1 tsp. thyme leaves, crushed
- 1 medium clove garlic, minced
- 2 to 3 lb. chicken, cut up, skinned
- 1 large parsnip, peeled, cut in matchstick strips
- 1/2 cup chopped fresh parsley
- 1/2 tsp. pepper
- 1 medium leek, split in half lengthwise, cut in 1 inch pieces

In 6-quart Dutch oven over high heat, heat broth to boiling. Reduce heat to low. Add carrots, turnips, potatoes, bay leaf, thyme and garlic. Cover. Simmer 10 minutes.

Add chicken, parsnips, parsley and pepper. Simmer 30 minutes more or until vegetables are tender.

With slotted spoon, remove chicken from soup. Remove meat from bones and return

meat to soup. Add leeks. Heat through.

Remove bay leaf.
Makes 13 cups or 7 servings, 244 calories and 1167 mg. sodium per serving.

Middle Eastern lentil and sausage soup

- 4 oz. kielbasa, cut in thin slices
- 1/2 cup burgundy or other dry red wine
- 1 pouch onion soup mix
- 1 tsp. cumin
- 1 can (10 1/2 oz.) hearty lentil soup
- 1 soup can water
- 1/2 cup tomato sauce
- 1 hard cooked egg, chopped
- lemon wedges

In 2-quart saucepan over medium heat, brown kielbasa, stirring often.

Add wine, onion soup mix and cumin. Cook 2 minutes, stirring often.

Add lentil soup, water and tomato sauce. Cook 5 minutes, stirring occasionally.

Top each serving with egg. Serve with lemon wedge.

Makes about 4 cups or 4 servings, 206 calories and 1130 mg. sodium each.

Seaside chowder

- 2 slices bacon
- 1/2 cup chopped onion
- 1 medium clove garlic, minced
- 1/2 tsp. thyme leaves, crushed
- 1 can (10 1/2 oz.) creamy potato soup
- 1 cup milk
- 1 lb. shrimp, peeled, deveined
- 1 lb. halibut, cubed
- 1 can (8 oz.) tomato sauce
- 1 tsp. chopped fresh parsley
- Generous dash pepper

In 2-quart saucepan over medium heat, cook bacon until crisp. Remove to paper towels to drain. Spoon off all but 2 tablespoons drippings. Crumble bacon. Set aside.

Over medium heat, in hot drippings cook onion with garlic and thyme until tender. Stir in soup. Gradually stir in shrimp, halibut, tomato sauce, parsley and pepper. Reduce heat to low. Simmer, covered, 5 minutes or until fish flakes easily when tested with fork.

Garnish with reserved bacon. Makes 4 cups or 4 servings, 338 calories and 1095 mg. sodium each.

Pork and chili soup

- 1 tsp. oil
- 1 lb. boneless pork loin, cut in 1/2 inch pieces
- 1 cup chopped onion
- 2 medium cloves garlic, minced
- 1 can (14 1/2 oz.) beef broth
- 1 can (8 oz.) tomatoes, undrained, cut up
- 2 cans (4 oz. each) chopped green chilies
- 1 can (about 16 oz.) pinto beans, drained
- 1/2 tsp. oregano leaves, crushed
- 1/2 tsp. ground red pepper, if desired

In 3-quart saucepan over medium heat, in hot oil cook pork and onion with garlic, until pork is browned on all sides and onion is tender.

Add broth, tomatoes, chilies, pinto beans, oregano and red pepper. Reduce heat to low. Simmer 25 minutes.

Makes 4 servings, 482 calories and 1350 mg. sodium each.

Best Southern fried chicken

- 1 chicken (3 lb.), cut up
- 1 tsp. fat for frying (chicken fat is most flavorful)
- 1/2 cup flour
- 1 tsp. light seasoned salt
- 1/2 tsp. paprika
- 1/2 tsp. poultry seasoning
- 1/2 tsp. onion powder or garlic powder
- 1/2 tsp. pepper
- 1/2 cup water

Select a large non-stick skillet with tight-fitting lid.

Remove all skin and visible fat from chicken. If chicken fat is used for frying, fry skins long enough to render 1 tablespoon fat, then discard skins. If oil is used, omit this step.

Combine flour, seasoned salt, paprika, poultry seasoning, onion powder and pepper in plastic bag or bowl. Shake or roll chicken, one or two pieces at a time, in seasoned flour. Set aside on waxed paper. Coat all chicken with flour before heating fat.

Heat 1 tablespoon fat in skillet. Add chicken, starting with breasts, then legs, thighs, wings and back. Brown over medium heat, about 10 to 12 minutes per side, until golden brown on all sides.

Add 1/2 cup water to chicken. Covered tightly, cook over low heat 30 minutes. Remove cover, turn up heat and cook off any remaining liquid. Continue frying chicken until reddish-brown, 1 to 2 minutes.

Makes 4 servings; 245 calories, no fiber and 380 mg. sodium per serving.

Fiber-full bran muffins

- 3 cups shredded bran cereal
- 1/2 cup oil
- 2 cups buttermilk
- 1/2 cup molasses
- 2 1/2 cups whole wheat flour
- 1/2 cup raisins
- 1 cup water
- 2 eggs, lightly beaten
- 3/4 tsp. honey
- 2 1/2 tsp. baking soda

In large bowl, combine cereal, raisins and oil.

Place water in 1-cup microwave-safe cup. Microwave on high power 2 to 4 minutes until boiling. Pour boiling water over cereal mixture. Set aside.

In small bowl, combine buttermilk, eggs, molasses and honey. Add to cereal mixture. In another bowl, combine flour and baking soda. Add to cereal

mixture, stirring only until dry ingredients are moistened. Cover batter with plastic wrap. Let stand 1 hour (15 minutes minimum).

Line each cup of microwave-safe muffin tray with double thickness of paper cupcake liners. Fill two-thirds full.

Microwave one tray at a time, or 6 muffins, on medium-high power (70 percent) 2 minutes. Rotate tray a half turn. Microwave on medium-high (70 percent) 1 1/2 to 2 1/2 minutes until toothpick inserted in center comes out clean. Moisture on top of muffins will dry upon standing.

Immediately remove muffins from tray and cool on racks. Repeat with remaining batter. Makes 24 muffins; 117 calories, 14 gm. protein, 24 mg. cholesterol, 85 gm. carbohydrate and 186 mg. sodium each.

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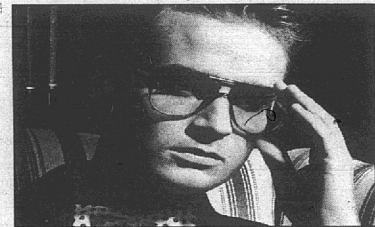
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